

Lateral raise

Grip the dumbbells with your arms at your sides. Lift both arms out to the side until they are parallel with the ground. Keep your elbows bent to avoid strain. Lower weight back down in a slow, controlled manner.



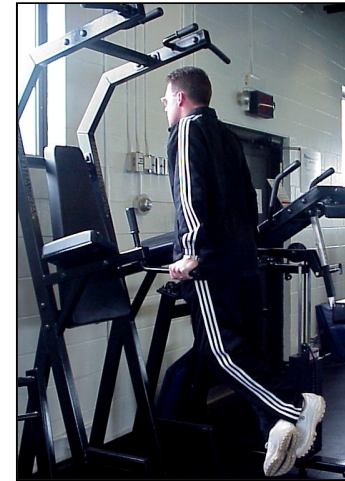
Front raise

Grip the dumbbell and lift your arm until it is parallel with the ground. Do not throw your arm above your head nor allow momentum to move the weight. Lower your arm slowly back to starting position. To avoid low-back strain, alternate arm lifts, doing equal reps on both arms. Keep your knees slightly bent.



Dips (also works shoulders and chest)

Arms are fully extended, knees slightly bent, ankles crossed.



Lower yourself until your elbows are at a 90° angle, keeping the head and chest upright. Extend the arms back to the starting position.

